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Simple guidelines to start living life to the fullest by Robin Mackenzie

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As someone has rightly said, â€œWorry never robs tomorrow of its sorrow, it only saps today of its joyâ€•. We spend so much of our time worrying over trivial issues. The human mind is complex and very tricky. We spend a major chunk of our time worrying about things that never happen. As a child, I was constantly scared of talking to new people. I spent a major part of my time alone thinking to myself. I was very scared of needles and dreaded at the thought of inserting one into my body. Then there was a stage when I had to take them and it wasnâ€™t so bad as I had imagined it to be.

Just like this, there were a lot of changes that my body and mind went through as I grew up. We tend to fear things unnecessarily. Although we know that worrying does us no good, we still continue to dwell on those thoughts over and over again. It is just like a cycle of thoughts that keep over lapping our minds and it actually corrodes our joy. Our present personality is actually carved on the basis of our thoughts and what we actually strive to become in the future. When does the human mind worry about things? We tend to worry when we think about the future. So the less we think about the future, the better it is for us. There have been a lot of advancements as far as technology and culture is concerned but when it comes to the human mind, we are still the same. Our mind has not really evolved much to be honest,

When you start worrying, you will have a stream of negative thoughts, these thoughts slowly turn into negative beliefs and these beliefs in turn will corrode your subconscious mind. And this will reflect on your personality. One thing that you can do when worry strikes you is write down all your negative feelings. When you write down your negative feelings, they will be streamlined. Then you can think of plans to overcome these thoughts. This is a good way of fighting negative thoughts and worries. You have to keep one thing in mind. Worrying will never solve the issue that is going to happen in future. Well to be precise, everything that you worry about need not necessarily turn into reality.

Unless and until we change the way we think, there is no way that we are going to evolve into civilized human beings. Itâ€™s high time we change this attitude of ours. We have to throw away all those religious beliefs that are not true and set our minds free. There are so many people who lead worse lives than us. Think of all the children who starve without food in distant countries and the elders who are left without homes and proper food to survive. There are tiny orphans who suffer from deadly diseases and they are left to die by their own parents in orphans. Donâ€™t you think your life is much better when compared to such children.

Itâ€™s time to spend quality time with people we love and care about the most. I spend umpteen time talking with my loved ones using my ATT Home Phone and I get relieved out of all my worries when I spend my time for such activities. The monotony of life breaks when we engage ourselves in some new activity and break free. Thatâ€™s the rule of nature. Life is to be enjoyed not fretted. Whenever possible we should try to relieve people of the entire burden and not pressurize them with things to worry about. Thatâ€™s the way life has to be.

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Robin Mackenzie is a freelance writer. She spends much of her time dwelling on ideas related to human mind and psychology. She has written a great deal on topics related to psychology. She relishes spending quality time with loved ones on her a ATT Home Phone.

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